

◀ 第二期 PART II ▶

*Cookery Course*

譚銳佳講義

by THAM YUI KAI

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譚銳佳講義  
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星加坡廣播電台及麗的呼聲烹調講座主講者譚銳佳近照  
Tham Yui Kai Edited by Radio S'pore & Rediffusion Cookery Course.

# 中式煎猪排

## 用 料：

猪脊肉（即猪排肉）連骨計一斤，洋葱頭一個，毛菇一両，青豆一両，青瓜一條，蕃茄一個，鷄蛋一只。

## 製 法：

先將猪排肉洗淨，然後打橫連骨切件，每塊約兩半重左右，切好用碗一只盛載，然後加放梳打粉一茶匙半，食鹽一茶匙半，味精半茶匙，白糖一茶匙，麻油一茶匙，清水兩湯羹，鷄蛋一只打開放下，然後用手一齊拌勻，最後再加放粟粉兩湯羹，再撈勻醃約二十分鐘使其入味。

洋葱頭去衣切絲，毛菇切片，青瓜和蕃茄同樣改花切片，圍伴碟邊用，

## 獻汁份量：

湯或清水一飯碗，重量約十安士左右，轉用大盅一只盛載，然後加放食鹽一茶匙，味精半茶匙，白糖一湯羹，茄汁兩湯羹，喰汁一湯羹，A1梳士半湯羹，麻油一茶匙，一齊拌勻，便成味汁，粟粉一湯羹，另用碗一只裝載，加放清水一湯羹拌勻，獻汁獻時用。

## 煎煮之方法：

先將鍋洗淨燒熱，然後加放油些少，蕩勻鍋之週圍，跟着便將醃好之豬肉排一件一件排放落鍋裏，反覆煎香兩面，隨煎隨加油些少，煎至香熟為好，煎好撈起，每件再切開兩件或三件隨意，切好用有青瓜、蕃茄圍邊之碟裝載，跟着再將鍋洗淨燒熱，然後加放油兩湯羹，跟着將切好之洋葱頭放下炒香，繼將切好之毛菇、青豆和味汁等全部放下，待滾，便將開好之獻粉放下埋獻，使其滾番，然後兜起淋上猪排面上，即成。

( - )

# FRIED PORK CHOP IN CHINESE STYLE

## Materials:

Pork (ribs portion) — 1 kati,	Big onion — 1,
Egg — 1,	Mushroom — 1,
Green peas — 1 tah.,	Cucumber — 1,
Tomato — 1.	

## Preparation:

Clean the pork and chop it crosswise into pieces (with bones) each of about  $\frac{1}{2}$  tah. in weight. Put the pieces of pork chop in a bowl, add in bicarbonate of soda  $1\frac{1}{2}$  teaspoons, salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 teaspoon, sesame oil 1 teaspoon, water 2 tablespoons, an egg and knead thoroughly. Lastly add in 2 tablespoons of cornflour. Knead again and corn the pork pieces for about 20 minutes.

Scale the big onion and cut it into shreds. Cut the button mushrooms into slices. Cucumber and tomato are cut into slices for garnishment.

## Gravy Sauce:

Measure 1 rice-bowl of stock or fresh water (about 10 oz.) in a container, add in fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 tablespoon, tomato sauce 2 tablespoons, Lea & Perrin sauce 1 tablespoon, A1 sauce  $\frac{1}{2}$  tablespoon, sesame oil 1 teaspoon and stir thoroughly into gravy sauce. In a separate bowl mix 1 tablespoon cornflour with 1 tablespoon of water.

## Method of frying the corned pork chop:

Clean the heat the frying pan, pour in some oil to stain the inner surface of the pan. Put in the corned pork pieces to fry deliciously (overturn them to allow both sides to be well-fried). Add in oil during frying. Fry them until cooked and delicious. After frying, remove and cut every piece into 3 or 4 smaller pieces. Put them in a plate. Again clean and heat the frying pan, pour in 2 tablespoons of oil and put in the well-prepared big onion to fry deliciously, later put in the button mushroom, green peas and gravy sauce. When it boils, gradually add in the well-stirred gravy powder. When it boils again, scoop the sauce and pour over the well-fried pork chop. Garnish the plate with cucumber and tomato.

( 1 )

# 羅漢上齋

## 用料：

冬菇乾計半両，蘑菇二両，草菇二両，冬筍一両，葫蘿蔔刨淨計一両，荷蘭豆二両，椰菜花六両，熟麵根二両，炸根五個，上湯一飯碗半，重量約十五安士。

## 製法：

冬菇先用清水浸軟，然後去蒂，再將牠切成小片，蘑菇和草菇同樣將牠切成小片，冬筍和葫蘿蔔將牠改花切片，荷蘭豆全部去頭尾些少，並且將兩邊根絲撕去，椰菜花將牠切成小件，熟麵根將牠切成片形，炸根每個切開兩邊。

## 味汁和獻粉份量：

上湯一飯碗半，加放食鹽一茶匙，味精半茶匙，白糖一茶匙，生抽兩茶匙，蠔油半湯羹，晒抽一茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻候用。粟粉一湯羹，另外用碗一只裝載，加放清水一湯羹攪勻便成獻粉。

## 燴的方法：

首先將用鑊洗淨，然後加放清水約四飯碗，將水燒至滾，然後便將切好的冬菇和蘑菇，草菇，炸根等一齊倒放鑊裏，將牠滾一息間，然後撈起用篩一只裝載，盛去水份。跟着再將用鑊洗淨燒熱，然後加放油大約五飯碗左右，將油燒至滾，然後便將切好的熟麵根和椰菜花分別將牠炸一息間，然後撈起盛去油份，將油倒起，約剩兩湯羹左右，然後便將切好的冬筍和葫蘿蔔放下鑊裏炒一息間，然後便將調好的味汁攪勻，全部倒放鑊裏，滾過的冬菇和蘑菇，草菇，炸根，熟麵根等一齊滲放鑊裏，炒一息間。椰菜花跟着滲放下去，再炒一息間，然後全部連汁水攏起用盤仔一只裝載，浸一息間使牠入味。跟着再將用鑊洗淨燒熱，然後加放油約一湯羹半，跟着便將搗好洗淨的荷蘭豆放下鑊裏炒一息間，然後攏起盛着，跟着將炒好的用料和汁水，全部倒放鑊裏，待滾，然後便將開好的獻粉攪勻，放下一齊推勻。最後將炒過的荷蘭豆，再放下鑊裏一齊攪勻，跟着攏起用碟一只裝載，即成。

## 備註：

如欲增加此菜式名貴，煮好時面上或傍邊加放發好餽過味的雪耳少些。

(二)

## VEGETABLE COMBINATION DE LUXE

### Materials:

Mushrooms (dry) — $\frac{1}{2}$ tah.,	Button mushrooms — 2 tah.,
Straw-mushrooms — 2 tah.,	Bamboo shoot — 1 tah.,
Red carrot (scraped) — 1 tah.,	Snow peas — 2 tah.,
Cauliflower — 6 tah.,	Cooked wheat flour dough — 2 tah.,
Fried wheat flour dough — 5 pieces,	Stock — $1\frac{1}{2}$ rice-bowls (about 15 ozs.)

### Preparation:

Soften the mushrooms in fresh water and remove all harsh stems from them. Cut the mushrooms into small slices. Cut the button mushrooms and straw mushrooms also into slices. Cut the bamboo shoot and red carrot into lacy slices. Cut both ends of all the snow peas and remove the veins from them. Cut the cauliflower into small pieces. Cut the cooked wheat flour dough into slices and each of fried wheat flour dough into two pieces.

### Gravy Sauce & Gravy Powder:

Take  $1\frac{1}{2}$  rice-bowls of stock, add to it salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 teaspoon, light soya sauce 2 teaspoons, oyster sauce  $\frac{1}{2}$  tablespoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir well for use.

Mix 1 tablespoon of cornflour and 1 tablespoon of fresh water in a bowl for use.

### Method of frying:

Clean the frying-pan, pour in about 4 rice-bowls of fresh water and boil it. Put in the well-prepared mushrooms, button mushrooms, straw mushrooms and fried wheat-flour dough to boil for a while. Transfer all to a bamboo sieve to drain off the water. Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it. Separately put the cooked wheat-flour dough and cauliflower to fry for a while and remove. Pour the oil back to the container leaving only 2 tablespoons in the pan. Then put in the well-prepared bamboo shoot and red carrot to fry for a while. After that stir well the gravy sauce and pour in the pan. Put in the boiled mushroom, button mushroom, straw mushroom, fried wheat-flour dough, cooked wheat-flour dough to simmer for a while. After that put in the cauliflower and simmer for a while. Transfer all with sauce to a plate and soak it for a while. Again clean and heat the frying-pan, pour in  $1\frac{1}{2}$  tablespoons of oil and put in the well-prepared snow peas to fry for a while. Remove the peas. Put the well-simmered vegetable with sauce in the pan. When it boils, stir well the gravy powder and add in. Stir thoroughly. Lastly add in the slightly-fried peas. Stir again and transfer all, to a plate.

Remarks: To make this dish more famous, certain well-prepared and agaric boiled can be scattered over the dish.

(2)

# 紙包雞

## 用料：

剖好之光鷄兩只，每只未剖時連毛計約二斤四左右，嫩子羌二兩，肉食紙，造成信封樣約三十個。

## 製法：

先將剖好之光鷄洗淨，然後原只連骨斬成小件，每件約一兩或二兩重左右，頭頸腳不要，全部斬好用盤仔一只盛着候用。

嫩子羌將皮刮去，洗淨後，將一半切成幼絲，將另一半磨爛揸汁，候用。

## 調味醃鷄之方法與份量：

斬好之鷄，全部以二斤重計算，加放幼食鹽三茶匙，蜂巢味素一茶匙，幼白糖三茶匙，生抽一湯羹，蠔油半湯羹，麻油兩茶匙，胡椒粉些少，羌汁一湯羹，花雕酒一湯羹，清水五湯羹，粟粉一湯羹，然後用手將牠一齊拌勻，最後再加放煮過之花生油兩湯羹，再拌勻，將牠醃約五、六小時左右，使其入味。

## 包裹之方法：

將醃好之鷄，用以上之信封樣紙袋裝載，每一個放一件鷄，並加放些少羌絲，跟着將封口扎實，如是全部包好候炸。

## 炸之方法：

首先將用鑊洗淨燒熱，然後加放油約六飯碗左右，將油燒至略滾，然後便將包好之鷄分次數放下鑊裏，慢火炸約八分鐘至十分鐘左右便熟，炸好撈起連紙上碟，食時將紙解開即成。

# FRIED CHICKEN IN PACKETS

## Materials:

2 cleaned chickens (each about 3 lbs. with feather),  
Green ginger — 2 tah.,  
Grease-proof papers — 30 pieces (make them into envelopes).

## Preparation:

Clean and chop the chickens into small pieces, each of which is  $1\frac{1}{2}$  to 2 tah. in weight. The heads, necks and legs of the chickens are not wanted.

Scrape the green ginger and cut half portion of it into thin strips. Grind the other half portion and obtain the juice for use.

## Method of and the ingredients for corning chicken:

Put 2 kati of the well-cut chicken pieces on a plate, add in fine salt 3 teaspoons, Vesop 1 teaspoon, sugar 3 teaspoons, light soya sauce 1 tablespoon, oyster sauce  $\frac{1}{2}$  tablespoon, sesame oil 2 teaspoons, a little pepper powder, ginger juice 1 tablespoon, Chinese wine "Far Teow" 1 tablespoon, fresh water 5 tablespoons, cornflour 1 tablespoon and stir. Lastly add in 2 tablespoons of cooked peanut-oil. Stir thoroughly and corn the chicken-pieces for 5 to 6 hours.

## Method of wrapping:

Put one piece of corned chicken-pieces and a few strips of ginger into an envelope, fold and staple together to seal the ends.

## Method of frying:

Clean and heat the frying pan, pour in about 6 rice-bowls of oil and boil it. Then put in the packets of chicken-pieces to fry with small flame for 8 to 10 minutes. After well-fried transfer them to a plate.

For service, just unwrap the packets.

## 香 江 炒 麵

### 用 料：

百吉麵一包約半斤重，肉蟹一只生計約十二兩重，淨豬肉三兩，叉燒二兩，冬菇三只，洋蔥頭一個，芽菜四兩，生葱三條，生菜一棵，蒜頭兩粒，鷄蛋兩只。

## 製 法：

麵一包，解開用清水浸約五分鐘，然後撈起用篩盛載，等約半小時，然後用手搓散候用，肉蟹斬開洗淨，然後將牠恰熟拆肉候用，淨豬肉洗淨用刀切絲，叉燒同樣切絲，冬菇先用清水浸軟，然後去蒂切絲，洋蔥頭去衣切絲，芽菜先將頭尾摘去，然後用清水洗淨，用篩一只盛載，生葱先將頭尾切去些少，然後洗淨，再將牠切絲，生菜洗淨切絲，蒜頭去衣拍爛，再剝成小粒候用。

味汁份量：

湯或清水一飯碗，重量約十安士左右，然後加放幼食鹽一茶匙半，蜂巢味素一茶匙，幼白糖兩茶匙，生抽半湯羹，晒抽一茶匙，麻油一茶匙，喰汁兩茶匙，胡椒粉些少，一齊攪勻便成味汁。

### 炒的方法：

先將用鑊洗淨燒熱，然後加放油些少蕩勻鑊四週圍，跟着將搓散之麵分次數放下鑊裏，慢火煎香兩面，隨煎隨加放油些少，煎好兜起用罩鑊盛着，再將鑊洗淨燒熱，然後加放油兩湯羹，跟着便將洗淨盛乾之芽菜全部放下鑊裏，將牠炒一息間，然後兜起盛着，再將鑊燒熱，然後加放油兩湯羹，跟着將切好之豬肉絲與洋蔥頭絲，冬菇絲，一齊放下鑊裏炒香，約七八成熟，然後用鐵鏟撥埋一邊，這時候，便將剁爛之蒜頭放落鑊裏炒香，煎好之麵，切好之叉燒，蔥絲及拆好的蟹肉，全部倒放下鑊裏，跟着將調好之味汁攬勻，放下鑊裏，然後一齊兜勻，鷄蛋打開放下鑊裏再兜勻，最後便將炒好之芽菜再放下鑊裏再兜勻，然後兜起上碟，切好之生菜絲圍伴旁邊用，即成。

## FRIED HONG KONG NOODLE

## Materials:

Noodle — 1 packet (about $\frac{1}{2}$ kati),	Bean spout — 4 tah.,
Pork — 3 tahs.,	Spring onions — 3 stalks,
Crab — 1 (about 12 tah.),	Lettuce — 1 stalk,
Roasted pork — 2 tah.,	Garlic — 2,
Mushrooms — 3,	Eggs — 2.
Big onion — 1.	

### Preparation:

Soak the noodle in fresh water for about 5 minutes and transfer it to a bamboo sieve, about half an hour later stir it loose with hand for use.

Cut and clean the crab, cook it and remove the meat for use

Clean and cut the pork and the roasted pork into shreds. Soften the mushrooms in water and cut them into shreds. Scale the onion and cut it into shreds. Pluck and cast the roots and the seed-leaves of the bean-spouts and clean them for use. Clean and cut the spring onions and the lettuce into shreds. Scale the garlic and smash it into particles.

### Gravy Sauce:

Measure 1 rice-bowl of stock or fresh water (about 10 ozs.) in a bowl, add in salt  $1\frac{1}{2}$  teaspoons, Vesop 1 teaspoon, fine sugar 2 teaspoons, light soya sauce  $\frac{1}{2}$  tablespoon, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, Lea & Perrin sauce 2 teaspoons, a little pepper powder and stir thoroughly into gravy sauce.

### Method of frying:

Clean and heat the frying pan, stain it with some oil and put in the noodle to fry deliciously and transfer to a container.

Again clean and heat the pan, pour in 2 tablespoons of oil and put in the bean-sprouts to fry for a while and remove. Heat the pan and pour in 2 tablespoons of oil, then put in the well-prepared pork, onion, mushrooms to fry deliciously and pile them aside in the pan.

Meanwhile put in the garlic particles to fry deliciously, add in the noodle, roasted pork, spring onions and crab-meat to fry.

After that stir well the gravy sauce, pour in and stir.

Break the eggs and pour in.

Lastly put in the bean-spouts and stir again.

Transfer the deliciously-fried noodle to the plate garnished with lettuce shreds.

# 蟹 璞 魚 翅

## 用 料：

洗淨餽好之魚翅六兩，生羔蟹一斤半，鷄蛋一只，係好之上湯四飯碗，重量約四十安士。

## 製 法：

先將蟹斬開，然後將蟹羔挖出洗淨，用碗一只盛載，而蟹洗淨，再用滾水煖熟拆肉候用。

蟹璜剁爛加鷄蛋一只，清水三湯羹，攪勻候用。

## 味湯與獻粉份量：

上湯四飯碗，用盆仔一只盛載，然後加放幼食鹽四茶匙，蜂巢味素兩茶匙，幼白糖兩茶匙，生抽半湯羹，麻油兩茶匙，胡椒粉些少，一齊攪勻便成味湯。獻粉份量：粟粉五湯羹，加放清水五湯羹攪勻，便成獻粉。

## 煮之方法：

先將用鑊洗淨燒熱，然後加放油五湯羹，接着加放花彫酒半湯羹，然後便將調好之味湯攪勻放下鑊裏，魚翅六兩同時放下，等煮到略滾時，然後便將開好之獻粉隨少隨少放下，隨放隨用鐵壳推勻，接着便將拆好之蟹肉和攪勻之蟹璜蛋同時放下，同樣用鐵壳推勻，再使其滾番，然後全部兜起，用瓦鍋盛載，即成。

# SHARK'S FINS WITH CRAB MEAT & ROE

## Materials:

Clean and stewed shark fins — 6 tah.,  
Crabs with roe — 1½ kati, Egg — 1,  
Boiled stock — 4 rice-bowls (40 ozs.).

## Preparation:

Cut open the crabs and remove the roe from them in a bowl.  
Boil the crabs and abstract all meat from them for use.  
Mince the roe and mix it well with the egg and 3 tablespoons of fresh water for use.

## Gravy Sauce & Gravy Powder:

Measure 4 rice-bowls of stock in a small basin, add in fine salt 4 teaspoons, Vesop 2 teaspoons, fine sugar 2 teaspoons, light soya sauce  $\frac{1}{2}$  tablespoon, sesame oil 2 teaspoons, a little pepper powder and stir thoroughly into gravy sauce.

Mix thoroughly 5 tablespoons of cornflour with 5 tablespoons of fresh water into gravy powder.

## Method of cooking:

Clean and heat the frying pan, pour in 5 tablespoons of oil and add in  $\frac{1}{2}$  tablespoon of Chinese wine "Far Teow".

Stir well the gravy sauce and pour in.

Meanwhile put in also the well-prepared shark fins. When the mixture boils, stir and add in the gravy powder gradually. Stir gently with scoop during every adding. Later add in the crab-meat and the roe mixed with egg. Stir again and allow the mixture to boil. Then transfer it to a clay basin for service.

# 燒 猪 肉

## 用 料：

連皮花肉，即三層肉一件，約四斤重左右，以肉嫩皮薄為適，蒜頭三小粒，葱頭仔三小粒，芫茜仁半湯羹。

## 製 法：

花肉一件，先將豬毛刮去，然後洗淨候用，蒜頭和葱頭仔，同樣原粒去衣，跟着將牠拍扁再將牠剁成細粒候用，芫茜仁將牠研成粉末候用。

## 醃豬肉之方法：

洗淨之豬肉，用碟一只盛載，有皮的向底，跟着加放幼食鹽半湯羹，將牠搽勻豬肉，四週圍豬皮不用搽，接着用鐵針，或叉將豬肉插鬆，使其容易入味，醃一息間候用。

## 醬汁之份量：

將剁好之蒜頭和葱頭仔，研好之芫茜仁等，全部用大碗一只盛載，然後加放蠔油一湯羹，生抽半湯羹，幼白糖半湯羹，蜂巢味素一茶匙，麻油兩茶匙，胡椒粉些少，粟粉一湯羹，將牠攪勻候用。

## 燒焗之方法：

首先將焗爐之火制開盡，燒約二十分鐘左右，使其熱透，接着便將醃好之豬肉，排放落特製之疏間鐵架盛着，有皮這邊向底，跟着將牠放進焗爐裏，門閂焗約二十分鐘左右，然後取出，跟着塗上調好之醬汁，塗勻後再將牠放進焗爐裏，再焗十分鐘左右，然後再取出，跟着將牠成塊反轉，即將有皮這邊向面，接着用鐵針或叉，在豬皮上密密插成小孔，插好再將牠放進焗爐裏，用猛火再焗二十分鐘至三十分鐘左右，使豬皮浮現出小泡為適，焗好取出，如有焦濃，可用刀仔刮去，食時碎件上碟，即成。

( 六 )

# ROASTED PORK

## Materials:

Pork (ribs portion, with thin skin and soft lean) — 4 kati,  
Garlic — 3, Small onions — 3,  
Parsley seeds —  $\frac{1}{2}$  tablespoon.

## Preparation:

Shave the bristles from the pork and clean it for use.  
Scale and smash the garlic and the small onions and then cut them into particles.  
Grind the parsley seeds.

## Method of corning pork:

Place the pork in a plate with the skin facing downwards. Rub the meat and the fat portion thoroughly with half tablespoon of fine salt. Prick the pork with fork to allow easy penetration and corn the pork for a while.

## Sauce for roasting:

Put the well-prepared garlic, small onions and parsley seeds in a big bowl, add in oyster sauce 1 tablespoon, light soya sauce  $\frac{1}{2}$  tablespoon, fine sugar  $\frac{1}{2}$  tablespoon, Vesop 1 teaspoon, sesame oil 2 teaspoons, a little pepper powder, 1 tablespoon cornflour and stir thoroughly for use.

## Method of roasting:

Highly heat the oven for about 20 minutes. Place the pork on a metal rack with the skin-side facing downwards and put the whole rack with the pork into the oven. Shut the oven and roast the pork for about 20 minutes. Then remove and rub the pork thoroughly with the sauce and put in the oven to roast for 10 more minutes.

Remove again, overturn the pork, prick the pork with iron needle and put in to roast for 20 to 30 more minutes until tissue-bubbles appear on the skin. After well-roasted remove and scrape off the over-burnt portions. Cut the roasted pork into small pieces for service.

( 6 )

## 五香芋角

### 用料：

芋頭連皮計二斤半，淨豬肉三両，叉燒三両，鷄肝兩個，淨蝦肉四両，冬菇三只，洋蔥頭一個，汀麵粉五湯羹，猪油五湯羹，青豆約四湯羹。

### 製法：

先將芋頭去皮洗淨，然後再用刀將牠切成細件，用篩一只盛着，跟着放落蒸籠裏，隔水將牠蒸約三十分鐘左右，蒸好取出，用刀搓爛候用。

汀麵粉用碗一只盛着，然後加放滾清水五湯羹，將牠攪勻候用。豬肉，蝦肉和鷄肝分開用刀剁成小粒，叉燒同樣將牠切成小粒。冬菇先用清水浸軟，然後去蒂，再將牠切成小粒候用。洋蔥頭將牠去衣，然後再切成小塊。

### 獻汁份量：

湯或清水六湯羹，然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖三茶匙，生抽一茶匙，蠔油一茶匙，晒抽 $\frac{1}{2}$ 茶匙，麻油一茶匙，胡椒粉少些，粟粉一湯羹，一齊將牠攪勻候用。

### 調餡之方法：

首先將用鑊洗淨燒熱，然後加放油，約三湯羹，跟着便將剁好之豬肉，蝦肉和鷄肝等，一齊放下鑊裏炒香，接着便將切好之洋蔥頭和冬菇放下同炒（約一息間）。然後便將調好之獻汁攪勻放下。將牠一齊兜勻，最後便將切好之叉燒和四湯羹青豆一齊放下，再將牠兜勻，跟着兒起用碟一只盛載，便成餡（全部分作四十八份至五十份左右）。

### 芋角皮之調製方法：

將搓好之芋頭以二斤重計算。再放幼食鹽四茶匙，蜂巢味素一茶匙，幼白糖五湯羹，猪油五湯羹，五香粉半茶匙。最後便將沖熟之汀麵粉全部放下。然後用手將牠一齊搓勻。搓好將牠分作四十八粒至五十粒左右。每一粒用手摺扁些少。然後包上一份餡（包成角形）。全部包好，最後用油適量將牠炸至脆熟為好即成。

## FRIED CRISP YAM PUFFS

### Materials:

Yam — 2½ kati,	Lean pork — 3 tah.,
Roasted lean pork — 3 tah.,	Chicken livers — 2,
Prawn-meat — 4 tah.,	Mushrooms — 3,
Big onion — 1,	Lard — 5 tablespoons,
"Tang Mein Fun" — 5 tablespoons	(A special kind of wheat flour),
Green peas — 4 tablespoons.	

### Preparation:

Scrape and clean the yam, cut it into small pieces and put them on a bamboo sieve. Put the whole sieve in the steamer to steam over water for about 30 minutes. After steaming remove and mash them for use.

Put the Tang Mein Fun in a bowl, add in 5 tablespoons of boiling water and stir well for use.

Separately cut the lean pork, prawns-meat, chicken-livers and roasted lean pork into particles.

Soak and cut the mushrooms into particles.

Scale and cut the big onion into small pieces.

### Gravy Sauce:

Measure 6 tablespoons of stock or fresh water in a container, add in fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar 3 teaspoons, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, black soya sauce  $\frac{2}{3}$  teaspoon, sesame oil 1 teaspoon, a little pepper powder, cornflour 1 tablespoon and stir thoroughly into gravy sauce.

### Method of preparing stuffing:

Clean and heat the frying pan and pour in 3 tablespoons of oil. Put in the well-prepared lean pork, prawn-meat, and chicken-livers to fry deliciously. Later add in the well-prepared big onion and mushrooms. After a while, stir well the gravy sauce and pour in. Lastly add in the roasted lean pork and green peas. Stir thoroughly and transfer it to a plate. Divide the stuffing into 48 or 50 portions.

### Method of preparing puff-folders:

Take 2 kati of yam mash, add in fine salt 4 teaspoons, Vesop 1 teaspoon, fine sugar 5 tablespoons, lard 5 tablespoons, spice powder  $\frac{1}{2}$  teaspoon, the Tang Mein Fun and knead thoroughly. Divide the dough into 48 or 50 rounds.

Flatten one round of dough, place a portion of the stuffing on it and fold it up. After that fry all the well-folded articles in suitable amount of boiling oil until the articles are cooked and crisp.

Note: Starch flour can be used as a substitute, but exclude the 5 tablespoons of boiling water.

# 家常豆腐

## 用 料：

方格豆腐即水豆腐八小方格，淨豬肉三両，大青椒一只，紅辣椒三只，冬筍二両，冬菇四只，生葱四條，生姜四小片，豆板醬平計一湯羹。

## 製 法：

先將豆腐用刀切去些少厚皮，然後再將牠改切成小三角形，用碟盛着候用，淨豬肉，洗淨切薄片，青椒，紅辣椒，同樣去核，切成小塊，冬筍改花切片，冬菇先用清水浸軟，然後去蒂，再切成小片候用，生葱洗淨切成寸度候用。

## 獻汁份量：

湯或清水十湯羹，轉用碗一只盛載，然後加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖一茶匙半，生抽兩茶匙，蠔油兩茶匙，晒抽一茶匙，麻油一茶匙，胡椒粉些少，另粟粉 $\frac{2}{3}$ 湯羹，用碗一只盛載，加放清水一湯羹攪勻，候用。

## 煮之方法：

先將用鑊洗淨燒熱，然後加放油約五飯碗左右，使牠燒至滾，然後便將切好之豆腐，分次數放下鑊裏將牠炸至現出金黃色，然後撈起，將油倒回油盆裏，約剩兩湯羹左右，然後將四片生姜，同切好之豬肉，冬筍，放下鑊裏炒香，而豆板醬一湯羹，切好之冬菇，同切好之青紅辣椒，生葱等，同時一齊放下炒香，跟着便將炸過之豆腐，與調好之味汁攪勻一齊放下，然後炆一息間，時間約分半鐘左右，最後便將開好之獻粉攪勻，放下埋獻，使肉再滾，然後全部兜起用碟一只盛載，即成。

## FRIED SOYA-BEAN CURDS IN SAUCE

### Materials:

Soya-bean curds — 8 small squares, Lean pork — 3 tah.,  
Bamboo shoots — 2 tah., Green pepper — 1,  
Spring onions — 4 stalks, Red chilli — 3,  
Soya-bean sauce — 1 tablespoon, Ginger — 4 slices,  
Mushrooms — 4.

### Preparation:

First cut the soya-bean curds into triangular pieces. Clean and cut the lean pork into slices. Remove seeds from the green pepper and the red chilli and cut them into small pieces. Cut the bamboo shoot into slices. Soak and cut the mushrooms into small pieces. Clean and cut the spring onions into short lengths.

### Gravy Sauce & Gravy Powder:

Measure 10 tablespoons of stock or fresh water in a bowl, add in salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar  $1\frac{1}{2}$  teaspoons, light soya sauce 2 teaspoons, oyster sauce 2 teaspoons, black soya sauce 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Put  $\frac{2}{3}$  tablespoon of cornflour in a bowl, add in 1 tablespoon of fresh water and stir well into gravy powder for use.

### Method of cooking:

Clean and heat the frying pan, pour in about 5 rice-bowls of oil and boil it. Put in the well-cut soya-bean curds to fry until the curds turn golden brown and remove.

Pour back the oil into the container leaving only 2 tablespoons in the pan. Put in the ginger slices, pork slices and bamboo shoot to fry, later add in the soya-bean sauce, mushrooms, green pepper, red chilli and spring onions to fry deliciously. Put in the well-fried soya-bean curds and pour in the gravy sauce to boil for about half a minute. Lastly stir well the gravy powder and add in. When it boils, transfer all to a plate for service.

# 辣 椒 炒 蟹

## 用 料：

肉蟹三只，每只生計約十兩至十二兩左右。紅辣椒兩只，生姜刮淨些少，約二錢重左右。蒜頭兩小粒，鷄蛋一只。

## 製 法：

先將蟹每只斬開兩邊，然後將牠洗淨，跟着，每一邊再用刀斬開兩件，並將腳尖斬去些少。而蟹鉗另外將牠改出，每一只將牠斬開兩件，並且用刀背將牠拍爛些少，全部斬好，用篩一只盛着候用。

紅辣椒去核洗淨，將牠剁成細粒，候用。生姜同樣將牠剁成細粒，蒜頭去衣，剁成細粒。

## 獻汁份量：

湯或清水一飯碗，重量約十安士左右。加放幼食鹽兩茶匙，蜂巢味素半茶匙，幼白糖半湯羹，茄汁三湯羹，辣椒醬半湯羹，麻油一茶匙，白米醋半湯羹，將牠一齊拌勻便成味汁。粟粉一湯羹，另外用碗一只盛載，跟着加放清水兩湯羹將牠拌勻，便成獻粉。

## 炒之方法：

首先將用鑊洗淨燒熱，然後加放油約五飯碗左右，將油燒至滾，然後便將斬好洗淨之蟹，全部一齊放下油鑊裏，將牠炸約半分鐘至一分鐘左右，然後將牠撈起盛着，將油倒回油盆裏，約剩下兩湯羹左右。跟着便將剁好之蒜頭和姜，辣椒等。一齊放下鑊裏將牠炒香。繼續便將炸過之蟹，再放下鑊裏一齊兜勻，接着便將調好之味汁攪勻放下，跟着冚蓋煮一息間。時間約兩分鐘至兩分半鐘左右，以够熟為好，接着便將開好之獻粉攪勻隨少隨少放下。隨放隨用鐵壳推勻，使牠再滾，然後便將鷄蛋一只打開放下，再將牠一齊推勻，跟着兜起用碟一只盛載，即成。

## FRIED CRABS IN CHILLI SAUCE

### Materials:

Crabs — 3 (each about 10 to 12 tah.).

Red chilli — 2,

Ginger (shaved) —  $\frac{1}{2}$  oz.,

Garlic — 2,

Egg — 1.

### Preparation:

Chop each of the crabs into halves and clean them. Cut every half further into 2 portions. Cut off all the pincers, chop each of them into two parts and smash them with the blade of knife.

Remove seeds from red chilli. Cut the chilli and the ginger into particles. Scale the garlic and cut it into particles also.

### Gravy Sauce & Gravy Powder:

Measure 1 rice-bowl of stock or fresh water (10 ozs.) in a container, add fine salt 2 teaspoons, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  tablespoon, tomato sauce 3 tablespoons, chilli sauce  $\frac{1}{2}$  tablespoon, sesame oil 1 teaspoon, white vinegar  $\frac{1}{2}$  tablespoon and stir thoroughly into gravy sauce.

Put 1 tablespoon of cornflour in a bowl, add in 2 tablespoons of fresh water and stir evenly into gravy powder.

### Method of frying:

Clean and heat the frying pan, pour in about 5 rice-bowls of oil and boil it. Put in all the well-cut crab-pieces to fry for  $\frac{1}{2}$  to 1 minute and remove.

Pour back the oil to the container leaving only 2 tablespoons in the pan, put in the garlic, ginger and chilli to fry deliciously. Meanwhile put in the slightly fried crab-pieces and stir well.

Stir well the gravy sauce and pour in to boil for a while (about 2 to  $2\frac{1}{2}$  minutes). Later stir well the gravy powder and gradually add in. Stir with the scoop during every adding. When it boils, break and pour in the egg.

Repeat the stirring and transfer to a plate for service.

# 猪油馬拉糕

## 用 料：

篩淨之自發麵粉五両，吉士粉即蛋璜粉二両，幼白糖十二両，鷄蛋六只，約半斤重，煉奶半湯羹，猪油五湯羹，泡打粉即發粉兩茶匙，肉食紙一張。

## 製 法：

先將鷄蛋一只一只打開用盤仔一只盛載，然後便將十二両幼白糖放下，跟着用打蛋糕之用具，輕輕將牠攪勻，使白糖全部溶化為適。接着便將煉奶半湯羹及篩淨之自發麵粉，吉士粉，泡打粉等，全部一齊放下，同樣輕手將牠攪勻，攪好停放半小時左右，使牠自然發透，最後便將猪油五湯羹放下，再將牠一齊攪勻，便可以蒸。

## 蒸之方法：

首先準備一個特製之四方鐵框，即有底之四方鐵盤，高度約二寸左右，而闊度約丁方八寸左右，接着便將肉食紙一張填放框內做成一個像有底之鐵盤一樣，跟着將牠放在疏間之竹籠或鐵籠盤着，然後便將攪勻之麵粉，蛋及糖全部倒放落盤裏，然後隔水將牠蒸約四十分鐘便熟，在未蒸够時間，切不可加凍水（加滾水可以），及將籠蓋揭開，蒸熟取出，食時切件，即成。

# STEAMED SPONGY CAKE

## Materials:

Self-raising flour — 5 tah.,	Custard powder — 2 tah.,
Sugar — 12 tah.,	Eggs — 6 ( $\frac{1}{2}$ kati),
Lard — 5 tablespoons,	Condensed milk — $\frac{1}{2}$ tablespoon,
Baking powder — 2 teaspoons,	Grease-proof paper — 1 sheet.

## Preparation:

Break the eggs in a small basin, put in the 12 tah. sugar and stir gently with egg-beater to dissolve all the sugar. Then add in the condensed milk, self-raising flour, Custard powder and baking powder. Gently stir well with hand and leave it for half an hour to leaven. Finally add in 5 tablespoons of lard and stir well. The mixture is ready for steaming.

## Method of steaming:

A specially made square metal sash with height of 2 inches and width 8 inches is used to hold the flour mixture. Place the grease-proof paper at the base of the sash. The sash is then placed in a steaming sieve. Pour in the flour mixture to steam over water for 40 minutes until it is cooked. During steaming, the lid of the steamer must remain closed and no cold water must be added. If necessary hot water can be added.

# 炸荔枝鮆魚

## 用法：

鮆魚一條，約一斤重左右，青瓜一條，生葱四條，紅辣椒兩只，芫茜兩棵，雞蛋一只。

## 製法：

先將鮆魚打鱗，然後開肚去鰓洗淨，將魚頭切離，跟着將左右兩邊之魚肉起出，每邊魚肉再用刀切一井字形（不可切離魚皮）切好候用。

青瓜刨皮切絲，生葱洗淨切絲，紅辣椒去核切絲，芫茜洗淨去頭，切寸度，全部拌勻，用適量清水浸一息間，然後撈起盛去水份，圍伴碟邊用。

## 獻汁份量：

湯或清水十湯羹，加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖四湯羹，白米醋一湯羹半，茄汁四湯羹，喰汁一湯羹，A1 梳士一湯羹，辣椒醬半湯羹，麻油半茶匙一齊攪勻候用。粟粉一湯羹，另外用碗一只盛載，跟着加放清水兩湯羹將牠攪勻候用。

## 醃魚之方法：

可盛水份之大碟一只，加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，雞蛋一只，淨要雞蛋白，粟粉三湯羹，清水三湯羹，一齊拌勻，然後便將切好之魚肉和魚頭一起撈勻，醃一息間，使其入味。

## 炸之方法：

首先將醃好之魚全部黏上適量之茨粉，跟着將用鑊洗淨燒熱，然後加放油適量，燒至滾，然後將黏好茨粉之魚頭和魚肉放下油鑊裏，將牠炸至脆熟為好，用有青瓜絲、蔥絲之碟盛載。最後，用油兩湯羹起鑊，將獻汁淋上面上，即成。

## FRIED POMFRET IN "LICHI" STYLE

### Materials:

1 pomfret (about 1 kati),  
Spring onions — 4 stalks,  
Parsley — 2 stalks,

Cucumber — 1,  
Red chilli — 2,  
Egg — 1.

### Preparation:

Scale the pomfret, remove the gills and entrails and clean it. Chop off the head and then remove the two whole pieces of fish-meat from the two surfaces. Cut each piece of fish-meat into '井' form, without cutting through the skin.

Shave the cucumber and cut it into shreds. Cut the spring onions also into shreds and parsley into short lengths. Remove seeds from the chilli and cut it into shreds. Soak all these in fresh water for a while and remove for garnishment.

### Gravy Sauce & Gravy Powder:

Measure 10 tablespoons of stock or fresh water in a container, add in fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar 4 tablespoons, white vinegar  $1\frac{1}{2}$  tablespoons, tomato sauce 4 tablespoons, Lea & Perrin sauce 1 tablespoon, A1 sauce 1 tablespoon, chilli sauce  $\frac{1}{2}$  tablespoon, sesame oil  $\frac{1}{2}$  teaspoon and stir thoroughly into gravy sauce.

Mix 1 tablespoon of cornflour with 2 tablespoons of fresh water in a bowl into gravy powder.

### Method of corning fish-meat:

Take a big plate, put in fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, egg-white of an egg, cornflour 3 tablespoons, fresh water 3 tablespoons and stir thoroughly. Put in the fish-head and meat to soak in the corning sauce for a while.

### Method of frying:

First coat the corned fish-head and meat with starch flour.

Clean and heat the frying pan, pour in suitable amount of oil and boil it. Then put in the fish-head and meat to fry until both are cooked and crisp. After well-fried transfer both to the plate garnished with cucumber and spring onions.

Clean and heat the frying pan, pour in 2 tablespoons of oil and pour in the well-stirred gravy sauce. When it boils, gradually add in the gravy powder. Stir gently until it boils and pour it over the fish-head and meat.

# 杏仁鮮奶凍

## 用 料：

大菜即燕菜半両，淡這厘粉一湯羹半，白糖一斤，花哆鮮奶一大罐，杏仁精一湯羹。

## 製 法：

大菜先用清水適量浸一息間，然後撈起盛去水份候用。

將用保一個洗淨，然後放清水九飯碗，重量大約九十安士左右，跟着便將盛去水份之大菜放下，然後將牠煮滾，跟着便將白糖和這厘粉一齊放下，但這厘粉須先用清水一飯碗，將牠拌勻才放下，再將牠保滾，同時使大菜與糖，全部溶化，然後取出漏斗將牠隔淨，使牠凍透，然後便將鮮奶一罐和杏仁精一湯羹，一齊放下，將牠攪勻，跟着分四個或五個小盤盛載，然後放進雪櫃裏，使牠凝結，食時取出，轉用一個小盤盛載，旁邊再用些少水菓圍伴，即成。

## 備 註：

如欲改製哈哥鮮奶凍，即將杏仁精一湯羹取消，改加放哈哥粉四湯羹，放時可在放白糖與這厘粉時一齊放下，其他份量照一樣。

# ALMOND JELLY

## Materials:

Agar-agar —  $\frac{1}{2}$  tah.,

Evaporated milk — 1 big can,

Sugar — 1 kati.

Davis Gelatin —  $1\frac{1}{2}$  tablespoons,

Almond essence — 1 tablespoon,

## Preparation:

Soak the agar-agar in fresh water for a while and transfer it to a sieve to dry.

First clean the pot, pour in 9 rice-bowls of fresh water (about 90 ozs.), put in the agar-agar and boil it. Then put in the sugar and the gelatin (gelatin must first be mixed with one rice-bowl of fresh water) to dissolve both completely.

Filter the solution and allow it to cool. Then add in the evaporated milk and the almond essence and stir thoroughly. Pour the solution into 4 or 5 moulds and place them in the frig to set. For service, transfer the chilled jelly to a plate and place some fruits around it.

Note: To prepare frozen cocoa fresh milk jelly, just exchange 1 tablespoon of almond with 4 tablespoons of cocoa. The method and other ingredients remain the same.

# 燒 焗 鷄

## 用 料：

光肥雞一只，未剖時連毛計約三斤重左右，花椒半湯羹，八角碎計一湯羹，洋蔥頭一個，葫蘿蔔刨淨計約二両，芹菜一棵，蕃茄一個，西芫茜一両，青瓜一條。

## 製 法：

先將光雞洗淨，然後將腳斬去，用盤仔一隻盛載，跟着加放幼食鹽半湯羹，蜂巢味素一茶匙，幼白糖兩匙茶，生抽兩湯羹，茅苔酒一湯羹，清水三湯羹，跟着用手拌勻，搽勻雞身內外，而花椒和八角須先用熱水浸一息間，然後撈起放上一齊同醃，時間約一小時左右。

洋蔥頭去衣切絲，芹菜去頭洗淨切碎，葫蘿蔔切片，全部一齊拌勻，將一半塞入雞肚內，其餘一半留候焗雞時用。

## 焗雞之方法：

首先將焗爐之火制開盡，使其燒約二十分鐘左右，鐵盤一個，先掃上油些少，跟着將其餘之一半洋蔥頭，葫蘿蔔，芹菜等，鋪放在盤底，接着便將醃好之雞，放落盤裏雞背向上，同醃之花椒，八角將牠放入雞肚內，然後成盤放入焗爐裏，悶焗約十五分鐘左右，然後取出將牠反轉，再放入焗爐裏，再焗十五分鐘至二十分鐘左右便熟，但須每隔數分鐘轉動一下，焗好取出，將雞斬件砌回雞樣，其餘各物不要，青瓜與蕃茄切片圍伴碟邊用，西芫茜洗淨同圍伴傍邊，最後調獻汁淋上雞面，即成。

## 獻汁份量：

湯或清水十湯羹重量約八安士左右，轉用碗一只盛載，然後加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖半湯羹，茄汁一湯羹，喰汁一湯羹，A1 梳士半湯羹，麻油半茶匙，一齊攪勻便成味汁。另：粟粉半湯羹，另外用碗一只盛載，加放清水一湯羹攪勻便成獻粉，羹時用油兩湯羹起鑊，此菜式免獻汁亦可以。

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# ROASTED CHICKEN IN SAUCE

## Materials:

1 chicken (about 3 kati with feather),  
Red pepper —  $\frac{1}{2}$  tablespoon,  
Big onion — 1,  
Chinese celery — 1 stalk,  
Parsley — 1 tah.,  
Smashed anise — 1 tablespoon,  
Carrot (shaved) — 2 tah.,  
Tomato — 1,  
Cucumber — 1.

## Preparation:

Clean the chicken, chop off the legs and place it on a plate. Then add salt  $\frac{1}{2}$  tablespoon, Vesop 1 teaspoon, sugar 2 teaspoons, light soya sauce 2 tablespoons, Chinese wine "Mau Tai" 1 tablespoon, fresh water 3 tablespoons and stir well with hand. Rub the interior and the exterior portions of the chicken.

Soak the red pepper and anise in hot water for a while. Then add the red pepper and the anise to the chicken and corn the chicken for about one hour.

Scale and cut the big onion into shreds. Cut off the stem of the Chinese celery and cut the celery into particles. Cut the carrot into slices.

Mix the onion, celery and carrot and put half portion of it into the belly of the chicken.

## Method of roasting chicken:

Preheat the oven for 20 minutes. Grease a metal tray with oil. Put in the other half portion of the onion, celery and carrot, then on these place the corned chicken with spinal portion facing upwards. Put the red pepper and the anise in the belly of the chicken. Place the whole tray in the oven to roast for 15 minutes. After that take out the whole tray and overturn the chicken. Put in again to roast for another 15 to 20 minutes. During roasting it is best to overturn the chicken one every few minutes.

When it is well-roasted, remove and cut the chicken into pieces. The rest are not wanted. Place the chicken pieces in the form of chicken on a plate garnished with cucumber, tomato and parsley. Lastly pour the gravy sauce over the chicken.

## Gravy Sauce:

Measure 10 tablespoons of stock or fresh water (8 ozs.) in a bowl, add in salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar  $\frac{2}{3}$  tablespoon, tomato sauce 1 tablespoon, Lea & Perrin sauce 1 tablespoon, A1 sauce  $\frac{1}{2}$  tablespoon, sesame oil  $\frac{1}{2}$  teaspoon and stir thoroughly into gravy sauce.

## Gravy Powder:

Put  $\frac{2}{3}$  tablespoon of cornflour in a bowl, add in 1 tablespoon of fresh water and stir evenly into gravy powder.

Note that this dish can also be served without gravy sauce.

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# 煎封石斑塊

## 主要用料：

淨石斑魚肉十二両，西洋菜三両，蕃茄兩個，紅辣椒一只，生葱兩條，蒜頭一小粒，生薑刮淨計些少，鷄蛋一只。

## 製作方法：

淨魚肉十二両，洗淨後用刀切成小塊，每塊大約兩分至兩分半厚左右，全部切好，轉用盤仔一只裝載，然後加放幼食鹽一茶匙半，蜂巢味素些少，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，跟着將鷄蛋一只打開加放下去。然後用手撈勻，接着再加放粟粉兩湯羹，再撈勻，醃牠大約十五分鐘左右，使其入味。

西洋菜三両，每棵淨要嫩蓮。洗淨之後，作為圍旁邊之用。蕃茄兩個將牠切片，圍件碟邊用。紅辣椒一只將牠去蒂核之後，再將牠切成絲，洒放在西洋菜面上。生葱兩條將頭尾些少切去，洗淨之後，再切成幼粒。蒜頭一粒，將牠去衣拍爛，再剁成細粒。生薑些少，同樣將牠剁成細粒。

## 獻汁之份量：

湯或清水七湯羹，用碗一只裝載，然後加放幼食鹽半茶匙，蜂巢味素些少，幼白糖一茶匙，生抽一茶匙，蠔油一茶匙，晒抽半茶匙，麻油一茶匙，胡椒粉些少，最後加放粟粉兩茶匙，然後將牠一齊攪勻即成。

## 煎封之方法：

將用鑊一只洗淨燒熱，然後加放油些少蕩勻鑊之四周圍，接着就將醃好之魚塊一件件排放在鑊處，用油將牠煎香兩面。煎熟後，將牠鏟起排放在有蕃茄和西洋菜伴邊之碟裝載，鑊裏之油，大約剩餘一湯羹半左右，然後將剁爛之蒜頭，薑粒和葱粒等一齊加放在鑊處，並且燉上花雕酒（半湯更）接着將調好之獻汁攪勻，倒入鑊裏，等煮到滾之時，就將牠兜起淋放在面上，即成。

## FRIED GROUPA PIECES IN SAUCE

### Materials:

Groupa meat (with bones removed)	— 12 tah.,
Water-cress	— 3 tah.,
Red chilli	— 1,
Garlic	— 1,
Egg	— 1.
Tomatoes	— 2,
Spring onion	— 2 stalks,
Ginger (scraped)	— a small piece,

### Preparation:

Cut the clean groupa meat into small pieces, each of about 2/8 inch thick. Put the pieces in a plate, add in fine salt 1½ teaspoons, a little Vesop, fine sugar ½ teaspoon, sesame oil ½ teaspoon, a little pepper powder, an egg and knead thoroughly. Then add in 2 tablespoons of cornflour, knead again and corn the pieces for about 15 minutes.

Select only the green portions of the water-cress and clean them for use.

Cut the tomatoes into slices.

Remove stems and seeds from the chilli and cut the chilli into shreds which are to be sprinkled over the water-cress. Clean and cut the spring onion into particles. Scale and smash the garlic, and further cut it into particles. Cut the ginger also into particles.

### Gravy Sauce:

Measure about 7 tablespoons of stock or fresh water in a bowl, add in fine salt ½ teaspoon, a little Vesop, fine sugar 1 teaspoon, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, black soya sauce ½ teaspoon, sesame oil 1 teaspoon, a little pepper powder, cornflour 2 teaspoons and stir well into gravy sauce.

### Method of finalising the dish:

Clean and heat the frying-pan, pour in some oil to stain the pan. Put in the seasoned fish-meat pieces and fry both sides of the pieces until aromatic. After well-fried, transfer the pieces to the plate garnished with water-cress and tomato slices. Leave about 1½ tablespoons of oil in the frying-pan and put in the well-prepared garlic, ginger and spring onion particles and add in ½ a tablespoon of "Far Teow" wine. Pour in the well-stirred gravy sauce. When it boils, scoop the sauce and water the dish.

# 炒桂花魚翅

## 用 料：

洗淨餵好之魚翅三両，淨蟹肉三両，叉燒一両半，罐頭冬筍一両，生葱三條，鷄蛋七只。

## 製 法：

叉燒，用刀將牠切成幼絲，冬筍，同樣將牠切成幼絲，並將水份揸乾候用，生葱，將牠洗淨，同樣切成幼絲候用。

## 獻汁份量：

湯或清水三湯羹，用碗一只盛載，然後加放幼食鹽半茶匙，蜂巢味素些少，幼白糖半茶匙，麻油半茶匙，最後加放粟粉兩茶匙，然後一齊攪勻，便成獻汁。

## 炒之方法：

首先將鷄蛋一只一只打開轉用大盅一只盛載，然後加放幼食鹽一茶匙半，蜂巢味素半茶匙，生抽一茶匙，麻油半茶匙，胡椒粉些少，跟着便將切好之叉燒和冬筍，葱絲，蟹肉，魚翅等，一齊放下，同時用手將牠一齊拌勻，跟着將用鑊一只洗淨燒熱，然後加放油約兩湯羹左右，使牠燒至滾。然後便將拌勻之魚翅蛋全部放下鑊裏，跟着用鑊鏟不停地將牠攪散，隨炒隨加放油些少，全部所用之油約四湯羹左右，直至炒到香熟為好，最後便將調好之獻汁攪勻，洒放下去，再用鑊鏟將牠兜勻，跟着兜起用碟一只盛載，即成。

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## FRIED SHARK'S FINS

### Materials:

Well-prepared shark's fins — 3 tah., Crab-meat — 3 tah.,  
Roasted lean pork — 1½ tah., Canned bamboo shoots — 1 tah.,  
Spring onions — 3 stalks, Eggs — 7.

### Preparation:

Cut the roasted lean pork and the bamboo shoot into shreds. Clean and cut the spring onions also into shreds.

### Gravy Sauce:

Measure 3 tablespoons of stock or fresh water in a bowl, add in fine salt  $\frac{1}{2}$  teaspoons, a little Vesop, fine sugar  $\frac{1}{2}$  teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, cornflour 2 teaspoons and stir thoroughly into gravy sauce.

### Method of cooking:

First break all the eggs into a container, add in fine salt  $1\frac{1}{2}$  teaspoons, Vesop  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder, the well-prepared roasted lean pork, bamboo shoots, spring onions, crab-meat and shark's fins. Stir thoroughly.

Then clean and heat the frying pan, pour in 2 tablespoons of oil to boil. Pour in the well-stirred mixture. Stir and disperse it. Add in some oil during frying. The total amount of oil essential is about 4 tablespoons. Fry until the shark's fins-in-egg piece is delicious and cooked.

Lastly stir well the gravy sauce, pour in and stir evenly. Then transfer to a plate for service.

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## 蟹汁釀芥菜

**用 料：**長身細棵之芥菜七棵，重量約一斤半左右，最好每棵同樣差不多大細，大蝦去壳淨肉計六両，肥豬肉半両，拆好之蟹肉三両，雞蛋一只。

**製 法：**芥菜每棵將老的菜梗和頭尾些少改切去，大約剩二寸半長左右為適合。頭部份再用刀割一十字形，意思使牠容易快熗，改好洗淨用篩一只盛載，接着將用鑊一只洗淨，然後加放清水七飯碗，重量大約七十安士左右，將水燒至滾，然後便加放棍砂兩茶匙半，跟着便將改好之芥菜全部一齊放下，將牠滾約五分鐘至六分鐘左右以够熗為適。滾好撈起，再用清水漂淨，將菜葉洗去，祇剩菜梗，跟着每棵再用刀將牠切開兩邊，候用。

淨蝦肉每只用刀將蝦背剖開些少，將蝦屎挑去。然後用清水洗淨盛乾，用布抹去水份，跟着用刀將牠剝爛候用。肥豬肉，同樣用刀將牠剝爛候用。

**味汁與獻粉份量：**湯或清水一飯碗半，重量大約十五安士左右，轉用盅一只盛載。然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，麻油半茶匙，胡椒粉些少，一齊拌勻，便成味汁，而獻粉即粟粉一湯羹，另外用碗一只盛載，然後加放清水一湯羹，將牠拌勻，便成獻粉。

**調餡之方法：**先將剝好之蝦肉，轉用盤仔一只盛載，然後加放幼食鹽 $\frac{1}{2}$ 茶匙。蜂巢味素些少，幼白糖 $\frac{1}{2}$ 茶匙，胡椒粉些少，跟着用手將牠拌勻，再用刀搓起膠，接着便將剝好之肥豬肉放下。再將牠一齊搓勻，然後全部分作十四粒。

**釀芥菜之方法：**先將改好之芥菜，每邊洒放些少粟粉，跟着釀上一份搓好之蝦，然後用手將牠弄平，如是者，釀好之後，跟着將用鑊一只洗淨燒熱，然後加放油些少蕩勻鑊之四週圍，接着便將釀好之芥菜一件一件排放下鑊裏，有蝦這邊向底，跟着隨煎隨加放油些少，約有七成熟，然後便將油倒回油盤裏，跟着便將調好之味汁攪勻放下，和芥菜一齊炆一息間，約一分至分半鐘左右，然後將芥菜攬起用碟一只盛載。而鑊裏之味汁再加放油一湯羹，跟着將拆好之蟹肉放下，待略滾，便將開好之獻粉放下埋獻，最後加放鷄蛋半只再推勻。然後兜起淋上芥菜面，即成。

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## MUSTARD-PIECES IN CRAB-SAUCE

### Materials:

Mustard (long type) — 7 stalks (1½ kati),  
Egg — 1,  
Prawns-meat — 6 tah.,  
Fat pork —  $\frac{1}{2}$  tah.,  
Crab-meat — 3 tah.

### Preparation:

Cut off the harsh stem and roots of each stalk of mustard, leaving about 2½ inches of it. Cut a cross on every leaf-stalk of the mustard to allow quick penetration of boiling water.

Clean the pan, pour in 7 rice-bowls of fresh water (70 ozs.) and boil it. When it boils, add in 2½ teaspoons of alkaline crystals and put in the well-cut mustard to boil for 5 to 6 minutes until the mustard is cooked. Soak the mustard in fresh water, remove all the leaf portions by means of washing, leaving only the leaf-stalks. Cut every leaf-stalk into halves for use.

Cut each prawn from the back and wash away the dirt. Dry the prawns with cloth and mince them.

Mince also the fat pork for use.

### Gravy Sauce & gravy Powder:

Measure 1½ rice-bowls of stock or fresh water (15 ozs.) in a container, add in salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Put 1 tablespoon of cornflour in a bowl, add in 1 tablespoon of fresh water and stir into gravy powder.

### Method of preparing stuffing:

Put the minced prawns on a plate, add in salt  $\frac{1}{2}$  teaspoon, a little Vesop,  $\frac{1}{2}$  teaspoon of sugar, a little pepper powder and knead thoroughly until sticky. Then add in the minced fat pork. Knead again and divide the stick stuffing into 14 rounds.

### Method of applying stuffing to mustard:

Sprinkle a little cornflour to every half-piece of mustard, then put on it a round of the prawn stuffing and flatten it.

### Method of frying:

Clean and heat the frying pan, pour in some oil to stain the surface of it. Put in the well-prepared mustard-pieces with stuffing one by one, with stuffing facing downwards. Add in oil during frying. When the mustard-pieces with stuffing are 70% cooked, pour back the excess oil to the container.

Stir well the gravy sauce and pour in to boil for 1 to 1½ minutes with the mustard pieces. After that transfer the mustard-pieces to a plate.

Add in 1 tablespoon of oil to the sauce in the pan. When it boils, stir well the gravy powder and add in. Lastly add in half portion of the eggs and stir again. Pour this delicious sauce over the mustard-pieces.

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# 中 式 牛 排

## 用 料：

澳洲牛肉兩磅，要柳枚肉，雞蛋一只。

## 製 法：

先將牛肉洗淨，然後將筋與肥油，改切去。跟着用刀打橫切件，每件約一両重左右，切好每件再用刀背搗鬆兩面。用篩一只盛載，盛去水份候用。

## 醃牛肉之方法與份量：

切好之牛肉以一斤計。加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一茶匙半，梳打粉三茶匙，生抽一湯羹，清水十二湯羹，粟粉三湯羹，雞蛋一只打開放下去。然後用手一齊攪勻。再加放喰汁兩湯羹，再撈勻，然後便將切好之牛肉放下，再一齊撈勻，最後加放花生油三湯羹，再撈勻，醃牠約八小時左右。使其入味，如提前兩三小時，或超過時間均可。

## 味汁之份量：

湯或清水一飯碗，加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖一湯羹半。罐頭茄汁三湯羹，喰汁三湯羹，A1梳士一湯羹，麻油一茶匙，一齊攪勻，然後用鑊煮滾候用。

## 煎牛排之方法：

先將用鑊洗淨燒熱，然後加放油些少，蕩勻鑊四週圍。跟着將醃好之牛肉分次數，放下鑊裏，猛火煎香一面，每次約五六件左右，煎好將牛肉反轉，隨煎隨加放油些少，煎至七八成熟時，然後便將味汁攪勻，按份量放下，煮一息間，跟着兜起用碟一只盛載，每一件再切開三件或四件隨意。每一件牛肉約放味汁一湯羹左右，上碟時，可用煎荷包蛋兩只放面，用炸茨仔條伴邊，蕃茄切片圍碟邊。

(十七)

## BEEF STEAK IN CHINESE STYLE

### Materials:

Beef fillet — 2 lbs.,

Egg — 1.

### Preparation:

Clean the beef fillet, remove the veins and the fat from it. Then cut it crosswise into small pieces, each of which is 1 tah. in weight. After cutting. Hit every pieces with knife-blade to soften them.

Place the pieces on a bamboo sieve to dry for use.

### Method of corning and the ingredients of the beef fillet:

Take 1 kati of the cut beef fillet, add in fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $1\frac{1}{2}$  teaspoons, bicarbonate of soda 3 teaspoons, light soya sauce 1 tablespoon, fresh water 12 tablespoons, corn-flour 3 tablespoons, break the egg and mix them well, then add in 2 tablespoons of Lea & Perrin sauce in a container and mix thoroughly. Then add in the beef fillet to mix well, lastly add in peanut oil 3 tablespoons. Knead thoroughly and corn the beef fillet for about 8 hours. (The difference of 2 or 3 hours earlier or later does no harm.)

### Gravy Sauce:

Using 1 rice-bowl of stock or fresh water in a container, add in fine salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $1\frac{1}{2}$  tablespoons, tomato sauce 3 tablespoons, Lea & Perrin sauce 3 tablespoons, A1 sauce 1 tablespoon, sesame oil 1 teaspoon and stir thoroughly.

Boil the mixture and filter it for use.

### Method of frying beef fillet:

Clean and heat the frying pan, pour in some oil to stain the surface of it. Then put in 5 to 6 pieces of beef fillet at a time to fry in high temperature. When the pieces are well-fried on one side, overturn the pieces to fry until the pieces are 70% to 80% cooked. Meanwhile stir well the gravy sauce, add in gradually and boil for a while. Then transfer the beef fillet pieces to a plate. Cut each piece into 3 or 4 smaller pieces. Spoon a tablespoon of gravy sauce over each piece of beef fillet.

When serving, place two half-fried eggs on the top of the fillets. Garnish the plate with some fried potato shreds and tomato slices.

(17)

# 蘿 蔔 糕

## 用 料：

白蘿蔔連皮計一斤半，白米十兩，乾蝦米一両，臘肉二両，臘腸二両，生葱三條。

## 製 法：

先將白米洗淨，然後再用清水適量將牠浸約四小時左右，然後盛去水份，接着另加放清水兩飯碗，重量約二十安士，與白米一齊拌勻，用石磨磨成米漿候用。

白蘿蔔刨皮洗淨切絲，乾蝦米先用清水將牠浸透，然後將壳揀淨，再用刀將牠切成小粒，臘肉與臘腸，同樣將牠切成小粒，生葱洗淨切粒。

## 湯味份量：

清水兩飯碗半，重量約二十五安士，用盅一只盛載，加放幼食鹽四茶匙，蜂巢味素一茶匙，幼白糖一湯羹，麻油兩茶匙，胡椒粉些少，一齊攪勻候用。

## 調製之方法：

先將用鑊一只洗淨燒熱，然後加放油五湯羹，燒至滾，跟着便將切好之蝦米和臘肉，臘腸，蘿蔔絲等，一齊放下將牠炒香，接着便將調好之湯味，攪勻放下，將牠滾一息間，然後便將磨好之米漿攪勻，隨少隨少放下，隨放隨用鐵壳推勻，煮好，全部兜起用特製之四方鐵盆盛載，而盆底須先用油些少，塗勻四週圍，然後再放落蒸籠裏，隔水蒸約半小時左右便熟，蒸好取出待凍，食時再將牠切成小件，再用鑊放油些少，將牠煎香兩面，即成。

## 備 註：

白米十兩，如改用包裝（粘米粉）九兩便够，然後用清水兩飯碗調勻，便成米漿。

## RADISH CAKES

### Materials:

White radish — 1½ kati,  
Rice — 10 tah.,  
Bacon — 2 tah.,

Sausage — 2 tah.,  
Dried shrimps — 1 tah.,  
Spring onions — 3 stalks.

### Initial Preparation:

Clean and soak the rice in fresh water for about 4 hours and pour away the water.  
Pour in 2 rice-bowls of fresh water. Grind the rice for use.  
Shave and cut the white radish into strips.  
Soak and cut the dried shrimps into particles.  
Cut the bacon, sausage and spring onions into particles.

### Gravy Sauce:

Using 2½ rice-bowls of fresh water in a container (about 25 oz.), add in salt 4 teaspoons, Vesop 1 teaspoon, sugar 1 tablespoon, sesame oil 2 teaspoons, some pepper and stir thoroughly into gravy sauce.

### Preparation:

Clean and heat the frying pan, pour in 5 tablespoons of oil and boil it. Put in the well-prepared dried shrimps, bacon, sausage and radish to fry deliciously. Then pour in the well-stirred gravy sauce and boil for a while. Later gradually add in the grind rice-fluid. Stir during adding. After boiling, transfer all to a specially made square metal tray the inner surface of which must first be greased with some oil. Put the whole basin in the steamer to steam over water for about half an hour.

After steaming, remove and allow it to cool.

For service, cut the whole piece into small pieces and fry them in suitable amount of hot oil.

### Remarks:

White rice 10 tahs. can be substitute with those packets type of rice flour (about 9 tahs), using 2 rice-bowls of water to stir well to become rice-fluid.

# 鵲巢野鷄絲

## 用 料：

芋頭一邊約半斤重，同時要有五寸長左右為適，肉眼（即肉頭）十二兩，罐頭冬筍二兩，冬菇三只，葫蘿蔔刨淨計約一兩，蔥四條，紅辣椒一只，蕃茄兩個，生菜一棵，鷄蛋一只，熟火腿絲半兩。

## 製 法：

先將芋頭刨皮洗淨，然後將牠打長幼絲，用碟一只裝載，跟着加放茨粉六湯羹將牠拌勻，然後砌在「鵲巢」之模型裏，再用適量油將牠炸脆，（以上之份量可造鵲巢兩個）。肉眼：改去肥油和肉筋，然後打橫切開兩段或三段，每段約三寸長左右，再將牠打摺紋切成絲，全部切好用碗一只裝載，然後加放梳打粉一茶匙，幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，清水三湯羹，雞蛋白一湯羹，粟粉一湯羹半，跟着用手將牠拌勻，最後再加放花生油一湯羹，再拌勻，醃約二十分鐘，使其入味，冬筍和葫蘿蔔同樣將牠切成粗絲，冬菇先用清水浸軟然後去蒂再將牠切成絲，生蔥先去頭尾些少，洗淨後再將牠切成寸度，紅辣椒去蒂去核，同樣切成幼絲，蕃茄切片圍伴碟邊用，生菜洗淨切絲圍伴鵲巢用。

## 獻汁份量：

湯或清水五湯羹，加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖半茶匙，生抽一茶匙，蠔油一茶匙，麻油半茶匙，胡椒粉些少，粟粉半湯羹，一齊攪勻候用。

## 炒之方法：

先將用鑊洗淨燒熱，然後加放油約五飯碗左右，將油燒至略滾，然後便將醃好之肉絲放下鑊裏跟着將牠攪散，使牠略炸一息間（即泡嫩油），然後將牠撈起盛着，將油倒起約剩下兩湯羹左右，跟着便將切好之冬筍放下鑊裏炒香，繼將切好之葫蘿蔔和冬菇，蔥，紅辣椒等放下鑊裏同炒，接着便將炸過豬肉絲放下並加放花雕酒半湯羹，最後便將調好之獻汁攪勻放下，將牠一齊兜勻，跟着兜起用炸好之鵲巢裝載，面上放上切好之火腿絲些少即成。

(十九)

# CHICKEN STRIPS IN BASKET

## Materials:

Half portion of 5 inches long yam	— $\frac{1}{2}$ kati,
Lean pork	— 12 tah.,
Mushrooms	— 3,
Spring onions	— 4 stalks,
Tomatoes	— 2,
Egg	— 1,
Canned bamboo shoots	— 2 tah.,
Carrot (shaved)	— 1 tah.,
Red chilli	— 1,
Lettuce	— 1 stalk,
Cooked ham strips	— $\frac{1}{2}$ tah.

## Preparation:

Scrape and clean the yam and cut it into strips. Put the yam strips on a plate, add in 6 tablespoons of starch flour and knead well. Put the yam strips in a specially made bird's nest-like framework and fry it until crisp. (The above amount of yam strips can be divided into 2 bird's-nest).

Remove the fat and the veins from the lean pork and cut it crosswise into 2 or 3 pieces (about 3 inches long each). Further cut it in lengthwise into strips and put the strips in a bowl, add in soda bicarbonate 1 teaspoon, fine salt 1 teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar  $\frac{1}{2}$  teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, some pepper, fresh water 3 tablespoons, egg-white 1 tablespoon, cornflour  $1\frac{1}{2}$  tablespoon and use the hand to knead them well. Lastly add in 1 tablespoon of peanut oil. Knead again, and corn the pork strips for about 20 minutes.

Cut the bamboo shoots and the carrot into strips. Soak and cut the mushrooms into strips. Clean and cut the spring onions into short lengths. Remove seeds from the chilli and cut it into strips. Cut the tomatoes into slices. Clean and cut the lettuce into strips for garnishing.

## Gravy Sauce:

Using 5 tablespoons of stock or fresh water in a container add in fine salt  $\frac{1}{2}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, fine sugar  $\frac{1}{2}$  teaspoon, light soya sauce 1 teaspoon, oyster sauce 1 teaspoon, sesame oil  $\frac{1}{2}$  teaspoon, some pepper, cornflour  $\frac{1}{2}$  tablespoon and stir thoroughly into gravy sauce.

## Method of Frying:

Clean and heat the frying pan, pour in 5 rice-bowls of oil and boil it. Put in the corned pork strips disperse them to fry for a while and remove. Pour back the oil into the container leaving only 2 tablespoons in the pan, put in the well-prepared carrots, mushrooms, spring onions, red chilli etc, to fry. Later add in the well-fried pork strips and  $\frac{1}{2}$  tablespoons of Chinese wine "Far Teow". Lastly add in the well-stirred gravy sauce and stir well. Then fill the well-cooked pork strips in the nest-form yam, sprinkle the cooked ham strips on top of it and serve.

(19)

# 沙爹蝦球

## 用料：

大蝦連壳計一斤，雞蛋一只，蔥頭仔兩小粒，王梨一片約半兩重左右。青瓜一條，蕃茄一個，枕頭形麵包兩片，每片約四分厚左右，咖喱粉兩茶匙。

## 製法：

大蝦全部將壳剝去，跟着用刀將蝦背剖開些少，將蝦屎挑去，然後用清水洗淨盛乾，再用布抹去水份，用碗一只盛載，加放幼食鹽一茶匙，蜂巢味素些少，幼白糖半茶匙，雞蛋一只打開攪勻，將一半放下，然後用手將牠拌勻，最後再加放粟粉一湯羹半，吉士粉（即蛋黃粉）一湯羹，再將牠一齊拌勻，醃約二十分鐘左右，使其入味，蔥頭仔去衣，然後將牠剝成小粒候用。黃梨同樣將牠切成小粒。青瓜和蕃茄，將牠改花切片，圍伴碟邊用。麵包兩片，將牠切成小粒，用碗一只裝着候用。

## 獻汁份量：

湯或清水十湯羹，重量約八安士左右，用碗一只盛載。然後加放食鹽 $\frac{2}{3}$ 茶匙，蜂巢味素半茶匙，幼白糖一湯羹，茄汁一湯羹，喰汁半湯羹，A1梳士半湯羹，麻油半茶匙，咖喱粉兩茶匙，一齊將牠攪勻便成味汁。粟粉 $\frac{2}{3}$ 湯羹，另外用碗一只盛載。加放清水一湯羹攪勻，便成獻粉。

## 炸之方法：

首先將醃好之蝦全部再黏上適量之茨粉。接着將用鑊一只洗淨燒熱。加放油約五飯碗左右，將油燒至略滾時，然後便將切好之麵包粒全部一齊放下，將牠炸至香脆為好，跟着撈起盛着。接着便將黏好茨粉之蝦，分數次或一次放下油鍋裏，將牠炸至脆熟為好，時間約三分鐘左右。炸好用有青瓜，蕃茄圍邊之碟盛載。跟着貢獻汁淋上面，而炸好之麵包粒，圍伴旁邊用。

## 煮獻汁之方法：

先將用鑊洗淨燒熱，加放油約一湯羹半，跟着便將剝爛之蔥頭仔放下炒香。接着便將調好之味汁攪勻放下，等煮到略滾時，然後便將獻粉攪勻放下。切好之黃梨粒同時放下，等牠再滾，然後兜起淋上蝦面，即成。

# FRIED SATAY PRAWNS BALLS

## Materials:

Big prawns (with shells) — 1 kati, Egg — 1,  
Small Onions — 2, Pineapple — 1 slice (about  $\frac{1}{2}$  tah.),  
Cucumber — 1, Tomato — 1,  
Bread — 2 slices (about  $\frac{1}{2}$  inch thick each),  
Curry powder — 2 teaspoons.

## Preparation:

Scale all the big prawns and cut them from the back. Remove the dirt and clean them. Dry them with a cloth and put them in a bowl, add in salt 1 teaspoon, a little Vesop, sugar  $\frac{1}{2}$  teaspoon, half portion of an egg knead them. Lastly add in cornflour  $1\frac{1}{2}$  tablespoons and Custard powder 1 tablespoon. Knead them again and corn the prawns for about 20 minutes.

Scale and cut the onions into particles. Cut the pineapple also into particles, cucumber and tomato into designed slices for garnishment. Cut the bread slices into particles for use.

## Gravy Sauce & Gravy Powder:

Using 10 tablespoons (about 8 oz.) of stock or fresh water in a bowl, add in salt  $\frac{2}{3}$  teaspoon, Vesop  $\frac{1}{2}$  teaspoon, sugar 1 tablespoon, tomato sauce 1 tablespoon, Lea & Perrin sauce  $\frac{1}{2}$  tablespoon, A1 sauce  $\frac{1}{2}$  tablespoon, sesame oil  $\frac{1}{2}$  teaspoon, curry powder 2 teaspoons and stir thoroughly into gravy sauce.

Mix  $\frac{2}{3}$  tablespoon of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

## Method of Frying:

First coat the corned prawns with starch flour.

Clean and heat the frying pan, pour in 5 rice-bowls of oil and heat it slightly. Put in the bread particles to fry until delicious and crisp and remove.

Put in the prawns to fry for about 3 minutes until they are cooked and crisp. Then transfer them to the plate garnished with cucumber and tomato. Pour the sauce over the fried prawns. Garnish the plate with well-fried bread particles also.

## Method of cooking gravy sauce:

Clean and heat the frying pan, add in  $1\frac{1}{2}$  tablespoons of oil and put in the onion particles to fry deliciously. Stir well the gravy sauce and add in. When it boils slightly gradually add in the gravy powder. Put in the pineapple particles when it boils, pour it on top of the well-fried prawns and serve.

# 魚翅洗與煲之方法

## 用 料：

原枝尾勾魚翅約二斤半重左右，乾計。去淨衣之蒜頭兩小粒。洗淨之生葱三條。

## 製 法：

先將魚翅頭斬去，魚翅邊剪齊，候用。將用保一個洗淨，然後加放清水適量以浸過翅身約雙倍水為適。將水燒至滾，然後便將斬好剪淨之魚翅放下，將牠保約五分鐘左右，然後門火，冚蓋焗約三四小時左右，使牠自然發透。將焗透之魚翅用清水漂淨，跟着用刀仔將魚翅之沙和骨頭等刮去，全部刮淨，用回原有之保盛載。而保底必須先放上魚翅笪兩三塊（意思避免魚翅黏底）。而面上同樣放魚翅笪兩三塊，同時瓦碟三四只壓實（意思防魚翅滾散）。跟着加放清水適量，大約浸過魚翅雙倍水為適，如水保乾可再加放清水再保，跟着用火保約六、七小時，在每隔兩小時換水一次，這樣可使保好之魚翅潔白一點，保好成保取出，然後用清水漂凍，跟着將魚翅搓散，再用罩鏞撈起，用密竹篩一只盛載。

## 餵魚翅之方法：

首先將用鍋一只洗淨，然後加放清水約五飯碗，將水燒至滾，然後便將洗淨之魚翅放下，滾約兩三分鐘，跟為撈起盛着，再將用鍋洗淨燒熱，然後加放油約一湯羹，接着將蒜頭和生葱放下炒香，並加放花彙酒半湯羹，湯或清水三飯碗，將牠滾約兩分鐘左右，然後將蒜頭，葱撈起不要，接着將滾好之魚翅再放下鍋裏，同樣再將牠滾約兩三分鐘左右，然後撈起用原有之竹篩盛載，即成。

# THE METHOD OF COOKING, WASHING AND BOILING SHARK'S FINS

## Materials:

Shark's fins (dried) — 2½ kati, Scaled garlies — 2,  
Spring onions — 3 stalks.

## Preparation:

Cut off the hard bone portion of the shark's fins and cut the fins in good order. Clean a boiling container and pour in suitable amount of water to cover the shark's fins deeply. Boil the water and put in the shark's fins to boil for about 5 minutes. Turn off the flame and cover the container to soak the shark's fins for 3 to 4 hours so that to make them sprout well. Then wash the softened shark's fins with fresh water and remove the hard particles and bones with knife. After that put the clean shark's fins back to the container, the inner bottom of which must be first placed with 2 or 3 bamboo sieves to prevent the shark's fins from sticking to the bottom of the container. On top of the shark's fins also place 3 or 4 bamboo sieves to hold fast the fins during boiling. Then fill in the fresh water to cover the fins deeply. Boil the fins for 6 to 7 hours. Change water after every two hours to make the shark's fins cleaner and clearer. After boiling remove the container and rinse the shark's fins with fresh water. Disperse the shark's fins and transfer the fins to a bamboo sieve.

## Method of boiling the shark's fins:

Clean a pan, pour in about 5 rice-bowls of fresh water and boil it. Put in the shark's fins to boil for 2 to 3 minutes and remove. Again clean and heat the pan, pour in 1 tablespoon of oil and put in the garlic and spring onion to fry deliciously. Add in Chinese wine "Far Teow" ½ tablespoon, stock or fresh water 3 rice-bowls and boil for about 2 minutes. Then remove the garlic and spring onions. Put in the well-rinsed shark's fins to boil for 2 to 3 minutes and transfer the fins to the original bamboo sieve.



理論配合實踐——作者在女皇鎮婦女家政學院烹調示範時攝

Theory and practice go together — this Photo was taken during cooking demonstration at Queenstown Women Association Cooking Class.

## 中外量制比較表

一 両	=	1 又 $\frac{1}{3}$ 安士
一両半	=	2 安士
三 両	=	4 安士
六 両	=	8 安士
半 斤	=	10 又 $\frac{2}{3}$ 安士
一 斤	=	21 又 $\frac{1}{3}$ 安士
水一飯碗(重量約七両半)	=	10 安士
水十羹湯(重量約六両)	=	8 安士

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## Equivalents of Weight

1 Tah	=	1 $\frac{1}{3}$ oz.
1 $\frac{1}{2}$ Tahs	=	2 oz.
3 Tahs	=	4 oz.
6 Tahs	=	8 oz.
$\frac{1}{2}$ Kati	=	10 $\frac{2}{3}$ oz.
1 Kati	=	21 $\frac{1}{3}$ oz.
1 Rice bowl water (about 7 $\frac{1}{2}$ tahs)	=	10 oz.
10 Tbsp. water (about 6 tahs)	=	8 oz.